windows doors &c

Horace – Climate &c.

old Roman rule of Animals lives.

trudes changes hurtful. – clev situations best. Air purer the sea. Air purer by agitation of sea. Air most pure ~~at~~ sea – next near it – next interior & next marshy countries – appetite varied without.

Dr Lyne died at 85 th w th smallpox in Ireland – lived w th open windows & doors; – Cold was equal – he said he house healthy where a dog could not get under door, and a bird at window". – p: 123

Less mortality at sea than in healthy country Cook.

Light air less unwholesome in cities than countries

less Carbonic Acid inhaled. – p. 127

When wet – add salt to water instead of fresh.

Portl – Sailors dont get cold when wet w th salt water.

Chimney in Cellar. windows & shutters closed.

Rats sent to force. Cleanliness. – were a

pair of them – for this purpose.

Burning Oil – out of Lamp – smell from

yards – Dr Dunbar

bugs – rats &c proclaim the want of Cleanliness
as lice do persons – they are the bane of our
farms & houses. or open – no halfway. Dispersants are
Houses not healthy
1st remark either completely warm 2d Too soon after plaster.

After Plaster
finished –

I Warmth
1 Ceiling doubled, 2 Heating water in
2 Sto – listing, cellar
1 fire places – Doors
beds – mats 3 green wood
II Coolness. portico –
1 Trees – 4 old age of the wood
2 near Chimney –
3 Closing windows &c in daytime.
4 Quality floors – ~~lower~~ story –
5 near ground.

Cleanliness

1 Sinks.
2 Kitchen Offals & yard Offals – bugs.
3 Bed Clothes
4 Dirty linen
5 fact of Dr Smith – Cleanliness prevents bugs
rats – are lie on farms &c
as ~~&c~~ danger to ~~health~~ bugs arise from 1st smoke
of Chimneys & to health from opening windows –
Chimneys – Ds Dangie to life from fires –
how prevented – from them.

Some dency bread – some butter – some
Coffee – Quantity – Charity – all
under Quantity.

Air I have treated of Cold & heat -

Cold - heat exhalations - Churches - Gun
Churches -
Action in it - funerals; Old lepers fire
mustard Cataplasm 6 to one - butter & nutmeg
or water bottle. partial salt Cold Bath - Jos: Phenis
omitted - only when warm -

gum water accelerates
digestion too much
Fires as in Russia no Chimneys.

Dress. Woolen - Cotton - linen - Silk -
Rumford's tables - worst best - old Quakers - Jamaica
1 Loose. Roman garments. - a great
improvement Cherry Valleys. Lin: changed often
worst. Cotton intermediate - wet to be avoided -
~~Chin~~ 2 Change with the weather not season only.
Chinese practice. 3 Feet how protected. Head D°. - ~~to~~
in summer & winter - Straw & paste board hats cord. -
high crown hats. Two shirts. &c warmth - best
Child^n. Old men - women - reputed in saying.

~~Beds~~ - mattrass & feather bed - down covering -
night Cap - old men blankets. -
women - Child Labourers - Ploughs
men - wet weather last Crane's machine

Mind

bad chuat.n: Gram.n: sitting &c

	Aliments Drinks.
He does not ~~enjoy~~ know all the ~~delicacies~~ pleasures	
of eating who does not ~~desert~~ know other from his	
ord.y ~~quantity~~ habits of food, & he does not know the	
pleasure of a feast who fares sumptuously	
every day.	

Our Saviour's charge - &c

Wore Men destroyed by simple want before
Eng.d from Quantity than ingredients in Drame.

Unfoun.d Beer - Boorhaave's fast - Tremdtin's
roll -

Wet flaps & Sheets

Wiger prevents Worms

Parcimus licitis - under Quantity
of food.

Some forbid bread - Coffee Butter &c &c -
but Quantity to be forbidden.

Diet - food. &c Drinks

High wages at Rannach before 1745 were so poor as to bind ye Cows for ye blood. p: 125 —

Goats milk best substitute for women's.

Give Childn: plenty of milk - Sleep & flannel to make them healthy. In Winter

Liquids ~~food~~ as nutr: as solids - thirst intended for ym: and saliva & gastric juice. Tobacco &c —

good water known by 1. no Spot on Copper. 2 healthy animals were them. 3 boil veg: soon. 4 are light. 5 dissolve soap. 6 no smell. 7 soon receives tastes smells &c & pure w: difficulty 9 - soon hot & cold. 10 verdure on its banks. 11 water cress & water marigolds on Do: 12 plenty of good fish.

Pure water holds in solution $\frac{1}{28}$ of atmos: air & a cubic inch of Carb: Gas in 100 ~~Cub~~ parts.

much nonsense on this subject - hard waters not unwholsome - most people live on ym - perhaps like Air best compounded. Contain Cal: earth in excess.

Old men
Drop mutty
eat by themselves
mutty - or
must butter
than beer.
Spirits in
Phrase books
Sleep
~~Sleep~~ - under
hung on
Chipde for
~~14 9. 10. 0~~
Old people
under mind.
new Beer
best - see
Boerhaave
p 167.
cold Batty
wash feet.

May

409. 98
50
15. 34
4. 25
70
549. 57

June

Rain water best in winter & spring - no matter in air. Snow water not good from want of air - fish cant live in it. Deep water pure from wells. a parish sickly from bad water, made healthy by it Linet p. 248 vol. 1

Worms - Insects & animalculæ in marsh water proved by Boerhaave. -

Meat preserved in charcoal.

Milk - sugar prevents its curdling.

Costrophine Cream thus made. Put milk in a vessel & thrust it in warm water till it ferments. Then separate the serum thro a hole in the vessel. Put the rest into a Churn & Churn it till it becomes sour. is eaten w th sugar.

Butter milk - best when made of milk w th Cheese parts in it. Irish is thus made. milk preserved by all nations in a state of acidity. Diluted milk better than skimmed.

Burgoo - thick gruel eaten w th molasses.

Toasted water made with boiling water &

toasted bread - excellent in fishes & at meals.
An egg (white & yolk) beaten is a substitute for Cream.

Coffee shd. be kept at a dist. from all other
Jobs: — —
Chocolate made w.th flour - or sugar - or eggs or
milk. —
Barley broth. Barley a teacupful - water gallon
boil half an hour - then add ~~Bean~~ Beef Qty
or a neck of mutton, some Carrots or turnips
cut small - Qty of green peas - & some savours:
boil gently 2 hours longer.
Salt water mixed w.th Wine by the Ancients - disc.d
by a friend in Pliny's time.
Wine & water soonest intoxicates. Sipping porter &c
Cup - Sherry or Madeira - Qty or one bottle Cyder 4 D.o
perry one D.o Brandy one Gill. Two Lemons
pare them & ~~raw~~ cut them & squeeze them.
Then add grated nutmeg and ginger to
make them palatable. Then throw a burnt
biscuit into it - Drink them.

Beer not apt to induce stone - Cyprian
on eminent stone Cutter found no such patients
Brewers servants not subject to it.

Mead & Metheglin - how made? the 1st
honey 1 part water 4 w th aromatic herbs - the 2nd
Honey 1 & Water 2 Do:

Gin & Whisky most diuretic.
apple water - dried apples too
liquids should be about 2 to one. 2 parts
of the former & one part water. more
between meals -
Meals, the; hour of sleep & stool should be regular.
nature expects them - apoplexy destroyed by
neglecting them.
meat digested in liquors in the following order
1 water, 2 malt liquors. 3 White wines &
Claret. -
Aliments - rendered less fermentable by baking.
by milk & cream - by sugar & old wine.
Nuts opposed lungs - Dr Hoffman says

gelly - and & sugar - and Acid & gelat: of leaves fruit & sugar.

Digestible most common when they abound most.

Roasted meat most nourishing.

Wether mutton 2 or 5 years old best roasted best, - its fat harder of digestion than other fat of other meats. Can best. -

Poultry best a year old - not cooped up which confines the fat to liquor - when run about is diff.

Fish best fresh - hot - less to be eaten than of meat [no] not after other food - require

C. Condiments having little stimulus - Less Oil the more digestible - as whiting flounder &c

Butter ~~[illegible]~~ makes it less digestible - but is called for by instinct - fish & milk never together.

Seafish nearer to flesh than fresh water fish.

Best to boil fish - ~~not~~ boil - then fry them.

C. Butter excellent - resists putrefactive fermentation useful with fish & vegetables retards digestion, but to make it more perfect.

Eggs - most nourishing & soluble when raw - good lightly done - both easiest of digestion.

Sugar - butter - lemon - spices &c

C. as Lyme - butter

Sugar mixed

Wild Animals retain the blood most albeit.

All meats good only in the season - Eg pork not good in summer - best time of using them is when the natural food is most plenty.

Meat long kept more digestible, but less nourishing than the reverse —

The same animals differ in tast & nourishment from age - manner of feeding - fat or lean & time & manner of being killed. Young most diff. of tast: least albeit - Walleus says the foll. foods pass off the stomach in the foll. Ords - Milk most Veg: - bread in 4 hours - fowl fish in 5 some meats in 6 or 7 Beef in 8 - are therefore most healthy but not nourishing —

Veg useful to fill stomach - animals created for man 14,700 pidgeons from one pair & 1,274,840 of Rabbits from one pr in 4 years - both intended for mans Use. Animals exist where Veg Wont grow. In 8 days a man who lived only on pigeons discov signs of satisfaction - Sir Ed: Bassy.

Veg: preserved by frying in pan on the fire - salting pickling
Butter - sugar - ice & charcoal. Salt only for
Cabbage - mushrooms & Olives -
Animal food preserved - by salting - the warmer the
better after Rain: is bad - Algiers thus preserved
thin meat - is excellent. best for lab.rs & in hot
weather - 2 pickling - powder or crossing - by
sugar flour - ice - charcoal -
Cookery - raw flesh - good: great strength - fruity &c
is perf by roasts - boils. stewing - broils - frying -
boiling - digesting - Coal fires best for roasts. is
most nourish - veal - Chickens &c better
roast than boiled - less viscid - Beef & mutton best
boiled -
Bread unleav.d: easiest best for Children.
of digestion. mixed flours
good - wheat & Rye or wet each other - the one
for binding - the latter for opening; a Mariner said
he grew weak when he lived on leavened bread biscuit most thought
1/3 animal - 1/3 veg & 1/3 bread - a proper
meal.
Potatoes best; - half boiled - then roasted - or
first scraped - then boiled in less a little less water
then covers them - then taken out & well dried
by the fire to evaporate water.

Condiments

Liver when alone drunk - requires ten times much salt the w. great to prevent satiety. —

Acids useful the w. fish & young animals upon

Vis. viridity — the w. also flatulency - hence useful

in salads -

Cayenne the most thirst: and Capsicum - thirst

most transient. Ginger useful

~~Turmeric~~ Curry, Ginger & Salt used on bread & butter

in Germany. — Quantity

Throw 6 to 8 oz for labourers, one third

solid & 2/3 liquid ins. Milo eat 20.

Abstinence - once a week by Int. tales - from

Thursday to Sat. - a great leader in London - an

eg on Sunday. Dr Tanner lived 2 weeks on Lond 20

& water only. — Dangerous total — best after a

full meal. Gen Elliot lived 4 days on 3 ie of air

daily feige of ~~Bibl~~ Bilt.

Exercise imp: After eating - no eating till stom.

has imp. itself. not eat too soon after violent

exercise - chew meat well or cut it - fore teeth

intended by biting — Lymphatic system takes up

perhaps from sweat when most good

Gentle fulness best - but it is light food - never
oppress - the body in ballast - not over loaded

Lean & young persons require most food -
what a man loves, often does him most good.

The mahomedans who live on a little meat
more long lived, than the Gentoos.

Pork the most nutritious meat.

Saltmeat lessens nutritious.

Substitute for Cream - White sugar ~~3 x 3 dissolved in~~
a little water - then boiled 2 minutes

Condiments serve 4 purposes
1 excite appetite - 2 Salivate 3 Stimulate the Stomach,
& thus increase, ~~and~~ also 4 retard ~~for~~ digestion

regulate labor - not quit. hurtful to weakly people -
in America only. Exercise - in Lakmans Gymnastics
for youth.
Voluntary labor. In any persons from Schools
= men's disease. change of air must succeed in
work shops. -
To preserve health Tennis - Cricket - Golf - Shinty -
Swimming - Rowing - Angling - hunt & gardening
agriculture.
A man leaped over 9 horses in Yorkshire, & a
man seated on 4 middle horse.
Fencing highly useful to breast.
To restore Health. Walking - riding - gestation -
Sailing - bowling - billiards - Shuttle cock - dumbbells
Jerosile beds - Cradle - Swinging - Loud reading or
speaking - friction - Electric galvanism.
In Riding = horses shd be supp. with belt.
Sailing - constant & thus most useful - pure
agitation of winds.
Air - sickness - mind action - requires muscular
action as in walking -
Speaking - hence women ~~to~~ require less exercise
than men, because more sedentary. hence mechanics
who sit at y. work suffer less from sitting.
hence Schoolmaster & literary men often long lived,
from exercise brings. -

Friction with the hand. Champooing. why not
curry ~~horses~~ men as well as horses. in Gout &c
That men made lean, & lean fat by it. Galen.
Oil added - it restrains perspir.n - guards against cold &
moisture - useful in dropsies - Friction & unders
flannel lessens. - prevented sore throat in Mr
Sinclair - useful to organs of speech - to gums
~~&c~~ Exercise shd be suited to disease. For lumbago -
ringing - & pumping. Thou parts least exercised: in rest shd
be exercised most - shd in in open air - &c -
old men die after 60 from living too much independt.

Preservn of Eyes - ears & teeth.

Climbing ladders & stairs - Why? Best most
fatiguing - Indian practice of carrying by When
tired Why? Exercise for old people - the more easier
Baths - Peditherium Air Bath -
the more nourishing diet.

Warm & cold Bath - Washing feet.
Dress - two shifts better than two great
coats Dr Boerhaave.

Breakfast - some solid food -
miniature diseases.

Sleep - see Phys.c Lectures

- Cold Air without Curtains - low bedstead - remote from a wall - window &c - cultivate Sleep - says Lord Mansfield - "one time best for it & why?

Opium - Correct. Fat Emet. to be carried about with one - debility to be obviated -

Old men - Chocolate &c Sweet Wines, Soups - fish - milk - Often - tea & Coffee many above 80 - see p. 457 - of Comp. Place book. Children drink Water only. -

Children - milk - water - vegetables - little meat - not much seasoned - eat often - no drink. found for old age now bad. middle life

no one meat - Wine sparingly - must liquors upon short - Fly will find one Quantity - to be much attended to - nature in old age. old age Cordial food Jacob -

Dis. not to alter by it — Diet relative — Liberty — name of

Labourers — hard eggs — Dried & smoked meat — onions — sui cryptet &c — a Pork most nourishing of meats — lactucis lep y: fresh. & good show of digestion — fray — let me fill the

Chinese add rancid Castor Oil to Rice. slow of digestion — numbers fact of raisons &c

Labor and Exercise distinguish them — labor — you cons? — by bowels of man — healthy — when use — cupidity — bad exercise — companions — who are, indep. of labor. — who labor with the only a — part of body — by habits — for labor — God made — lab. man — vanities. — persons who organic — rarely in a state of health — to disease

Students men — soft eggs — soups

Fact of Pools expected: Fact of Bayle —

Rices — Beer — solid food —

+ In all 3 — show: of dist. by non-nourishing food

Seasons — Soups salt meat salads &c.

acid & aromatic — Cordy — When drink — Indian

pracher &c — cat fast. — Cattolics. fish —

Idiosyncrasy — shd be measure

may be —

Gen. Observ.ns

Quantity - Quality - times - no general rule - ~~but~~ without except: - Bath - no man in perfect health - predisp.n:

Gen. habits generally to be avoided -

V

On Bathing

The ~~Habits~~ advantages of bathing as the means of preserving health have been much abused by its use ~~has~~ for this purpose, being confounded with its use as a means of preparing the body for the hardships of war, or as a remedy for certain diseases.

As a preventive of disease, it acts in two ways by promoting cleanliness, and rendering the body less sensible of heat and cold, by imparting to it the highest grade of tone and health.

~~The weight~~ It has been divided into hot warm-tepid, - temperate, - and cold.

The tepid bath in which the water is at 96° or the heat of the human body - the temperate in which the water is between and the cold in which it between 56°

32 are the ~~only kinds of~~ temperatures at which water is chiefly used as the means of promoting cleanliness & health. Notwithstanding the distance of the ~~Thermometer opposite the tepid~~ temperature in its degrees it produces ~~the use of the water may appear to be~~ nearly the same toxic effects upon the body. Water at 96 is preferable to that below it chiefly for the purpose of cleanliness.

The following rules should be attended to in using the ~~tepid~~ Baths. of all this different temperatures.

1 They should never be used after eating a full meal.

2 The Cold Bath should never be used while the body is covered with sweat, more especially if it be accompanied with fatigue. However ~~safe~~ useful Cold water may be when thrown over a horse ~~whereforeing~~ ~~it is an unsafe application to~~

~~the body of a Liver and~~ or plunged into by an Indian while their bodies are wetted with sweat, it is an unsafe application in that state of the ~~body to~~ skin to the body of civilized men.

3 The cold Shower Bath produces a more powerful effect upon the body than the plunging bath. Throwing a few buckets ~~over the~~ of cold water upon the body placed in a tub, or in half a hogshead, is a good substitute for the shower bath.

4 ~~The tepid Baths~~ Both the cold & tepid Baths may be used in the morning, or at noon, or in the evening, but it will generally be most convenient to use the former in the morning and

the latter in the evening. ~~or~~ In very warm weather ~~they may~~ both be used in the same day. Exercise will be useful after the cold Bath especially if a chilliness succeed it. To prevent this chilliness the temperature of the water should be increased to the temperate, or reduced to the ~~reduced, the latter by~~ cold degree. ~~comprehending the body were~~ The latter by its greater ~~power~~ compression of the body sometimes produces a greater reaction, ~~of and thus~~ it than the temperate degrees of cold, and thus obviates chilliness after the use of the bath.

7 ~~Long~~ It will be unsafe to remain longer than from 15 to 30 minutes in the tepid bath. ~~tepid the~~

4 Soap should be employed in washing ~~in removing~~ the hands and feet, also ~~the perspiration~~ those parts of the body in which the perspiration is most apt to ~~are~~ accumulate, and become offensive.

5 The head should be protected by means of a bladder or oiled cloth cap, so that ~~the~~ every part of it may be wetted by the water

Extracts from Cogan.

Emotion - the reaction of passion. ~~[illegible]~~ ~~[illegible]~~ ~~[illegible]~~

Thus far for healthy people, but what are

The Predispositions. —

1 Sanguineous — how to live

2 Nervous — how? bed warmed

~~Epileptics~~

Lymphatic: 2d and 3d — bed warmed —

Bilious: —

Hepatic

Cutaneous — how to live?

~~I have~~ This caution I know will be objected to by persons who are in the practice of sleeping with windows open in cool, and even cold ~~we~~ ~~walk in~~ ~~warm~~ weather without injury. But let them remember that there is less danger in doing so ~~in the winter~~ at those times than in the summer months. The greater ~~little~~ the heat, the more the system suffers by a small diminution of it. ~~Descent of the y in the thermo~~. This is ~~the~~ so well known by sad experience in the last about twelve years in Egypt, where more deaths are induced by the night air than in all the north, from the use of opiates for in the United States. ~~It is~~ The great point is by protecting the heat of the body from the